

Links & Contacts to Assist You in Creating a Balanced Life

Health Related Links

Links to [County Health and Social Services Agencies](#)

Information and Links to Local County Public Health Departments

[Alameda County](#)

1000 Broadway Suite 500
Oakland, CA 94607
(510) 267-8000

[Alpine County](#)

75B Diamond Valley Road
Markleeville, CA 96120
(530) 694-2146

[Amador County](#)

1003 Broadway, Suite 203
Jackson, CA 95642
(209) 223-6407

[Butte County](#)

202 Mira Loma Street
Oroville, CA 95965
(530) 538-7581
Oroville Health Clinic:
78 Table Mountain Blvd. Oroville
(530) 538-7341
Chico Health Clinic
2445 Carmichael, Chico, CA
(530) 879-3665

[Calaveras](#)

700 Mountain Ranch Rd, Suite C-2
San Andreas, California 95249
(800) 754-8889

[Contra Costa](#)

597 Center Avenue, Suite 200
Martinez, California 94553
(925) 313-6712

[El Dorado](#)

931 Spring Street
Placerville, CA 95667
(530) 621-6100

[Fresno](#)

(559) 459-4774

[Glenn](#)

240 North Villa Avenue
Willows, CA 95988
(530) 934-6588

[Humboldt](#)

(707) 441-5400

[Kern](#)

529 I Street,
Eureka, CA 95501
(866) 597-1574

[Kings](#)

330 Campus Drive
Hanford, CA 93230
(800) 649-5399

[Lake](#)

922 Bevins Court
Lakeport, CA 95453
(707) 263-8929

[Lassen](#)

1445 Paul Bunyan Rd, Susanville
(800) 838-1223

[Los Angeles](#)

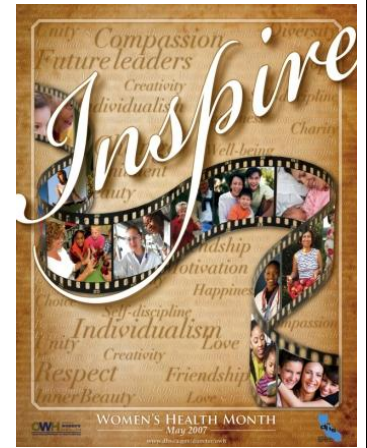
OR
www.ladhs.org/owh/

[Madera](#)

(800) 427-6897

[Marin](#)

(800) 230-2955



[Mendocino](#)

(800) 734-7793

- Ukiah - 1120 South Dora Str.
- Willits - 221-B South Lenore Ave
- Fort Bragg – Monterey 120 West Fir Street

[Nevada](#)

[Orange](#)

211 or

(800) 564-8448 ([health care](#))

[Placer](#)

Auburn, CA 95603

(530) 886-1870

[Plumas](#)

1446 East Main Street

P.O. Box 3140

Quincy, CA 95971

(530) 283-6337

[Riverside](#)

4065 County Circle Drive

Riverside, CA 92503

(951) 358-5000

[Sacramento](#)

(916) 875-5701

[San Benito](#)

[San Bernardino](#)

[San Diego](#)

[San Francisco](#)

[San Joaquin](#)

[San Luis Obispo](#)

(800) 866-4636

[San Mateo](#)

[Santa Barbara](#)

[Santa Clara](#)

[Santa Cruz](#)

[Shasta County](#)

(800) 300-5122

[Sierra County](#)

[Siskiyou](#)

[Solano](#)

[Sonoma](#)

[Stanislaus](#)

[Sutter](#)

[Tehama](#)

[Tulare](#)

[Ventura](#)

[Yolo](#)

(530) 666-8980

8:00 – 5:00 Monday – Friday

- Davis clinic
(530) 757-5518
- Woodland clinic
(530) 666-8690
- West Sacramento
(916) 375-6400 ext. 9857

Department of Managed Care (www.dmh.ca.gov)

Responsibilities and initiatives of the Department include:

- Ensuring managed health care plan accountability through licensing and enforcing prevention and quality of care laws.
- Education and awareness campaigns so consumers know their health care rights under managed care plans.
- Providing an annual report card on quality of care under managed care.
- Developing and implementing a third party review system so that consumers can take grievances to an independent, unbiased source with the power to decide coverage disputes.

[National Diabetes Education Program](http://www.ndep.nih.gov/campaigns/campaigns_index.htm) (NDEP) offers free materials for both diabetes prevention and control. The NDEP's Small Steps. Big Rewards. Prevent type 2 Diabetes campaign has tip sheets in 15 different languages, including several Asian languages. Materials are available at:

www.ndep.nih.gov/campaigns/campaigns_index.htm or by calling (800) 438-5383.

[National Heart, Lung, and Blood Institute](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm) (NHLBI) features several campaigns, including The WeCan! Program. We Can! (Ways to Enhance Children's Activity & Nutrition) is a national program designed as a one-stop resource for parents and caregivers interested in practical tools to help children 8-13 years old stay at a healthy weight. Tips and fun activities focus on three critical behaviors: improved food choices, increased physical activity and reduced screen time. Many of the materials are free or low-cost and available at www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm.

[Federal Office on Women's Health](http://www.womenshealth.gov) (OWH) hosts websites for both women and girls. These web sites offer free information on nutrition, physical activity, and over 800 topics related to women's health. You can download free information at:

www.womenshealth.gov or www.girlshealth.gov or order by calling (800) 994-9662.

The food pyramid most recently introduced by the [U.S. Department of Agriculture](http://www.usda.gov) (USDA) includes recent dietary guidelines. For these guides and similar information and tools go to: www.mypyramid.gov or call (888) 7PYRAMID.

Links to Domestic Violence Assistance

Northern: (415) 924-6616

Southern: (818) 242-1106

Spanish line: (415) 924-3456

Men's line: (415) 924-1070

[California Partnership to End Domestic Violence](http://www.cpedv.org)

P. O. Box 1798

Sacramento, CA 95812

(916) 444-7163 or (800) 524-4765 Nationwide

Email: info@cpedv.org

Parenting Links

[Parent Outreach Project](#) is designed to encourage parents to access parenting resources in their local community, to learn about their child's needs, and to seek help where they may need it in meeting those needs. The website includes links to numerous local agencies including adoption, childcare, community centers, camps, mental health, libraries, park & recreation. The website address is:

<http://cihs2.sonoma.edu:16080/web/ParentOutreach/Resources.lasso>

Consumer Related Links

[Beehive](#) (www.thebeehive.org)

Find the help you need to create a better life. The Beehive connects you to important information – plus the local help to make it happen. Links to: money; health & fitness; school; jobs & careers; starting & owning a business; family; insurance.

Better Business Bureau Links:

<http://www.consumeraction.gov/bbb.shtml>

<http://www.labbb.org/BBBWeb/Forms/General/Home.aspx>

<http://www.oakland.bbb.org/>

<http://www.sacramento.bbb.org/>

Department of Consumer Affairs:

<http://www.dca.ca.gov/>

Listing of links comprised by Office of Women's Health
visit our website for additional links and information at



www.dhs.ca.gov/director/owh



ALAMEDA COUNTY PUBLIC HEALTH DEPARTMENT WEBSITE



[Advance Search](#)

Contact Us

You may contact us at:

Alameda County Public Health Department

1000 Broadway Suite 500

Oakland, CA 94607

Phone: 510 267-8000

Fax: 510 267-3212

For more information, contact our [Webmaster](#).

[Click here for directions to 1000 Broadway](#)

Equal Opportunity: Alameda County is an Equal Opportunity/Affirmative Action employer. Women, ethnic and racial minorities and persons with disabilities are encouraged to apply for positions. Applicants will be considered without regard to race, color, religion, sex, national origin, age, disability, sexual orientation or any other non-job-related factor.

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ALAMEDA COUNTY PUBLIC HEALTH DEPARTMENT WEBSITE



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Celebrating Healthy People In Healthy Communities!

Tobacco laws are changing.

**Individual cities and counties each have their
own laws.**

**Find out where you are protected from
secondhand smoke in your city. For a
breakdown by city, [click here](#).**

WEBSITE SEARCH

Enter Keyword:

[Advance Search](#)

QUICK LINKS

[Alameda County Homepage](#)

[Bio-Terrorism](#)

[Emergency Medical Services](#)

[Environmental Health](#)

[Flu Information](#)

[Health Alerts](#)

[Public Health Clearinghouse](#)

[Employment Opportunities](#)

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